

Baguette with hemp drink

Description

Wheat bread with hemp seeds



Yield

20 pieces of 205 g



Scheduling

Preparation: approx. 35 minutes
Proofing: 17–18 hours
Baking time: 22–25 minutes/235°C dropping



Nutritional values (100 g or 100 ml)

energy: 1'104 kJ/264 kcal;
fat: 3,9 g, of which saturated 0,5 g;
carbohydrates: 45 g, of which sugars 0,8 g;
protein: 10 g; salt 1,2 g

Ingredients

Polish (1'095 g)

| | |
|-------|------------------|
| 545 g | wheat flour 1100 |
| 545 g | water |
| 5 g | baker's yeast |

Baguette dough with hemp drink (5'000 g)

| | |
|---------|------------------|
| 550 g | wheat flour 400 |
| 1'645 g | wheat flour 720 |
| 405 g | water |
| 1'090 g | hemp drink |
| 110 g | hemp seed pomace |
| 1'095 g | polish |
| 55 g | baker's yeast |
| 50 g | table salt |

Hemp drink (1'205 g)

| | |
|---------|-----------------------------|
| 115 g | hemp seeds, hulled, roasted |
| 1'070 g | water |
| 20 g | agave syrup |

Processing (200 g)

| | |
|-------|-----------------------------------|
| 100 g | fine semolina (for processing) |
| 20 g | olive oil (for brushing) |
| 80 g | hemp seeds (for sprinkling) |

Production

1

Poolish

Dissolve the baker's yeast in the water. Add the flour and mix to a lump-free poolish.
Dough rest: 60 minutes at room temperature, then refrigerate overnight at 5°C.

2

Hemp drink

Blend the roasted hemp seeds with water and agave syrup in a powerful blender (e.g. Stephan mixer) for at least 2 minutes to form a milk-like liquid. Then filter through a fine-mesh sieve. Collect the resulting hemp drink and the remaining hemp seed pomace – both can be used immediately.

Storing hemp drink: up to 3 days at 5°C or frozen for up to 3 weeks at -18°C

Storing hemp seed pomace: up to 3 weeks frozen at -18°C

3

Baguette dough with hemp drink

Mix the flour, water, hemp drink, hemp seed pomace, poolish and yeast in the kneading machine. Add the salt towards the end of the mixing time. Knead the dough gently until it reaches a smooth consistency.

Target dough temperature: 24°C

Dough rest: 75–90 minutes at room temperature

4

Processing

Weigh out 250 g pieces of dough and shape them into long rolls. Then shape the dough pieces tightly and evenly to a length of about 35 cm. Brush the surface with olive oil and roll in hemp seeds.

5

Piece proofing

Set the dough pieces down on loading devices and leave to proof at room temperature.

6

Baking preparations

Use a flat blade to make three diagonal cuts in each dough piece.

7

Baking

Place the dough pieces in the preheated oven with steam. Open the vent during the last third of the baking time to achieve a crispy crust.